

Child Care Health Consultation Health Issue Training Lesson Plan

Contractor (LPHA) Name: Springfield Greene County Health Department

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Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input type="checkbox"/> Protecting Children and Youth <input checked="" type="checkbox"/> Promoting Physical Health <input type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: What's So Bad About Vaping? 1.0

Learning Objective(s):

- Participants will be able to identify what an e-cigarette is, different terms for and how they work.
- Participants will be able to recognize the health consequences of using e-cigarettes.
- Participants will be able to identify cessation resources.

Topical Outline of Content	Resources Used
Welcome and Introductions-pre test	5 minutes
Background information on the problem <ul style="list-style-type: none"> • Terms for e-cigarettes • Different e-cigarette devices 	10 minutes
How an e-cigarette works and what's in an e-cigarette aerosol	10 minutes
Demonstration of water vapor vs. aerosol	5 minutes
What is nicotine and its effects on the body	5 minutes
Health consequences of e-cigarette use	10 minutes
Cessation resources	5 minutes
Tobacco policies in Child care facilities	10 minutes
	Resources: Stanford Medicine-Tobacco Prevention Toolkit Centers for Disease Control Missouri Department of Health and Senior Services The University of Texas School of Public Health

Method(s) of Outcome Evaluation: Group discussion, Q & A; Pre and Post Test

Health Issue Trainings are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for Health Issue Trainings should use this template and submit to the CCHC Program Manager, for submission to the Missouri Workshop Calendar for Program approval. Health Issue Trainings already approved by the CCHC Program Manager and the MO Workshop Calendar are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.